

**Course Name: Bachelor of Physical Education**

**Year - IInd (Part-1)**

**Paper Name - Yoga**

**Topic Name - Relevance of Yoga**

**Topic No. – Section D 1 (d)**

**Paper No. - V**

**Lecture No. – 26**

### **Lecture Title**

### **Relevance of Yoga in The Modern Age**

#### **Summary**

Yoga is a boon for the 'modern' society, which has become a victim of everyday stress. Yoga should be made an integral part of our educational as well as health care systems. There is a great need of Yoga in this technological age